

IN THE CLAIMS

Please AMEND claims 1, 2, 7 and 16 and CANCEL claims 3 and 12-15 without prejudice such that the pending claims will read as follows:

Claim 1 (currently amended): An apparatus adapted to assist in weight loss and exercise comprising:

a personal digital assistant (PDA) having computer program code adapted to:

assist in at least one of calorie counting, meal selection, meal suggestion, weight monitoring, weight loss or gain monitoring, fat consumption monitoring, sugar consumption monitoring and salt consumption monitoring by:

providing information about at least one of a user's food intake and exercise level to a WEB server; and

receiving feedback from the WEB server based on the information provided to the WEB server;  
and

display historical data regarding at least one of calorie counting, meal selection, meal suggestion, weight monitoring, weight loss or gain monitoring, fat consumption monitoring, sugar consumption monitoring and salt consumption monitoring.

Claim 2 (currently amended): A computer-based method of grocery shopping comprising:

maintaining on a PDA a list of grocery items purchased by a shopper; ~~and~~

displaying on the PDA at least one of the grocery items within the maintained list of grocery items;  
and

allowing selection of a displayed grocery item by communicating with a WEB server using the PDA.

Claim 3 (canceled).

Claim 4 (original): The method of claim 2 wherein displaying at least one of the grocery items within the maintained list of grocery items comprising displaying at least one of the grocery items within the maintained list of grocery items based on prior use patterns of the shopper.

Claim 5 (original): The method of claim 2 further comprising:

displaying a message that indicates that, based on prior use patterns of the shopper, at least one of the grocery items within the maintained list of grocery items should be purchased by the shopper.

Claim 6 (original): The method of claim 5 wherein displaying a message that indicates that, based on prior use patterns of the shopper, at least one of the grocery items within the maintained list of grocery items should be purchased by the shopper comprises e-mailing the shopper.

Claim 7 (currently amended): A computer-based method of grocery shopping comprising:

displaying on a PDA a list of user-selectable grocery items;

allowing selection of at least one of the displayed selectable grocery items by communicating with a WEB server using the PDA; and

displaying at least one characteristic of a selected grocery item.

Claim 8 (original): The method of claim 7 wherein the at least one characteristic comprises a characteristic selected from the group consisting of calories, fat content, salt content, cholesterol content, whether organically grown, whether low fat, whether suitable for diabetics, whether Kosher, price, size, shelf life and brand name.

Claim 9 (original): The method of claim 7 further comprising:

displaying a comparison of at least one characteristic of a plurality of selected grocery items.

Claim 10 (original): The method of claim 9 further comprising:

allowing selection of the at least one characteristic.

Claim 11 (original): The method of claim 7 further comprising:

ranking a plurality of selected grocery items based on the at least one characteristic.

Claims 12-15 (canceled).

Claim 16 (currently amended): A computer-based method of grocery shopping comprising:

- displaying on a PDA a list of prepared foods;
- allowing selection of at least one prepared food by communicating with a WEB server using the PDA;
- displaying a recipe for each selected prepared food; and
- displaying at least one user-selectable grocery item that is an ingredient of the recipe.

Claim 17 (original): The method of claim 16 comprising:

- displaying the cost of preparing each selected prepared food based on the cost of user-selected ingredients.

Claim 18 (original): The method of claim 16 wherein displaying at least one user-selectable ingredient for the recipe comprises displaying at least one user-selectable ingredient for the recipe based on a maintained list of grocery items purchased by a shopper.

Claim 19 (original): The method of claim 18 further comprising displaying a date when each user-selected ingredient was previously purchased by the shopper.

Claim 20 (original): The method of claim 17 further comprising:

- providing a link to a food preparation WEB site capable of generating a price quotation for the preparation of at least one selected prepared food.